



## Relationship between Social Media Use with teenager Physical, Mental and Social Health

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<p><b>Track Record Article</b></p> <p>Accepted: 24 August 2022 Revised: 27 November 2022 Published: 29 December 2022</p> <p><b>How to cite :</b> Huvaïd, S. U., &amp; Maywita, E. (2022). Relationship between Social Media Use with teenager Physical, Mental and Social Health. <i>Contagion : Scientific Periodical of Public Health and Coastal Health</i>, 4(2), 358–366.</p>	<p style="text-align: center;"><b>Abstract</b></p> <p><i>Teenagers as users of social media are not very able to sort out which information and communication can be of benefit to them. They also tend to be easily influenced by the social environment without first considering what positive or negative impacts they will receive. The presence of social media certainly has a huge influence on people's lives, including teenagers, but of course there will be positive and negative impacts on its use, including on the health aspect. The purpose of this study was to determine the impact of social use on teenager health. This research is a type of quantitative research with a cross-sectional research design which was conducted at Gunung Talang 1st Public Vocational Secondary Schools, Solok Regency in 2019. The study population totaled 44 people and all populations were used as samples. Data analysis was performed using the Chi-Square test. The results of the univariate analysis showed that almost all teenagers (72.7%) had poor health and more than half of teenagers (56.8%) had high intensity use of social media. Based on the results of the bivariate analysis it is known that there is a relationship between the use of social media and teenager health where a p-value of 0.031 is obtained. Therefore, there is a need for further coordination between parents and the school in supervising the use of social media by teenagers in order to prevent things that are negative. Parents should also increase controls to ensure that their teens use social media in a positive way.</i></p> <p><b>Keywords:</b> Adolescent, Health, Mental, Physical, Social Media</p>
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### INTRODUCTION

Social media is a group of internet-based applications that can easily invite anyone who is interested to participate by giving feedback openly or sharing information, as well as establishing communication in a very short time, not requiring a lot of money, and without distance restrictions (Sari et al., 2018). The presence of social media certainly has a huge influence on people's lives, including teenagers (Asmawati et al., 2022).

The teenager phase is a transitional period in which a person has left childhood but has not yet entered adulthood. In this phase, someone will always be interested in new things. Teenagers who have social media usually post about their personal activities, their stories, and their photos, in order to describe their lifestyle (Fronika, 2019).

Teenager have seven specific needs, namely the need for affection, the need for participation and acceptance in a group, the need for independence, the need for achievement, the need for recognition by others, the need for respect, and the need for a complete philosophy of life (Purwati et al., 2021). Based on these needs, it is not surprising that so many teenagers are active on various social media, and have even become addicted which makes them obliged to visit these sites every day (Supratman, 2018).

The results of a survey conducted by the advocacy group Common Sense Media America of more than 1,000 youth aged 13-17 years proved that two-thirds of the respondents admitted that they sent messages every day where half said they visited social media sites every day. A quarter of teens use at least two types of social media a day (Suyatno et al., 2022).

In Indonesia alone, based on the results of research conducted by the Ministry of Communication and Informatics, United Nations Children's Fund (UNICEF), and Harvard University on 400 youth aged 10-19 who were used as a sample representing 11 provinces, it is known that almost 80% of these youth are addicted to social media. Most teenagers use social media for inappropriate things, 24% claim to use social media to interact with strangers, 14% access pornographic content, and the rest for online games and other interests (Kakiet, 2018).

Addiction to social media can affect anyone, especially teenagers who are at the identity crisis stage, they tend to have a high sense of curiosity and are easily influenced by their peers. However, a social media addict often feels that he is not addicted and does not even want to be called an addict because he does not realize that his online behavior is excessive (Harahap, 2021).

Teenagers as users of social media are not very able to sort out which information and communication can be of benefit to them. They also tend to be easily influenced by the social environment without first considering what positive or negative impacts they will receive (Sukendro et al., 2022)

Teenagers who are addicted to social media usually prefer this online media for social interaction, because they feel they have freedom of expression whereas if they interact directly they sometimes experience difficulties in expressing themselves so that there is concern whether other people will accept or reject them (Huvaïd & Yulianita, 2022). Besides that, through social media they can also interact freely without supervision or strict control from parents and teachers (Putri, 2018).

According to H. M. Orzack, addiction to social media is a disorder that arises in people who feel that the virtual world is more interesting than the real world. It is characterized by a person's inability to control their internet time (Aisyah, 2020). Meanwhile, according to Kimberly S. Young, addiction to social media is a syndrome characterized by spending a large amount of time using social media and not being able to control its use online so that it becomes a problem when it interferes with other parts of their lives such as sleep, work, social relations, and so forth (Ariani et al., 2022).

Usually the time spent by social media addicts on the internet is between 20 and 80 hours per week (Sugiono, 2020). Meanwhile, individuals who normally use social media only use the internet between 4 and 5 hours per week. Based on the results of a study conducted by the Associated Chamber of Commerce and Industry of India (ASSOCHAM) in 2012 in 2000 teenagers in India with an age range of 12-20 years it was proven that the majority of respondents stated that addiction to using social media had caused them to experience health problems both physically and mentally as well as social ones such as insomnia, depression, and poor personal relationships with their peers in the real world (Hepilita et al., 2018).

Public Vocational Secondary Schools 1 Gunung Talang is one of the state high schools in West Sumatra Province. This school has grown rapidly to become one of the favorite schools in Solok Regency. This school is one of the most popular schools, this is proven by the increasing number of applicants from year to year. One of the driving factors is because of its strategic location on Jalan Lintas Sumatra. This strategic location is also at the same time a threat to the health aspects and student achievement, students have additional access that is high enough to be able to use social media. In addition, based on the situation analysis conducted, it is known that at Public Vocational Secondary Schools 1 Gunung Talang, students have never been given education about the negative impact of social media on their health and academic achievement. Based on the above, researchers are interested in analyzing the impact of using social media on teenager health at Public Vocational Secondary Schools 1 Gunung Talang.

## **METHODS**

In this research, the type of research applied is analytical research by adopting a cross-sectional research design. This research was carried out at Public Vocational Secondary Schools 1 Gunung Talang, Solok Regency, in 2019. The population of this study consisted of 44 people, and to get a comprehensive picture, the entire population was taken as a sample using total sampling techniques. The total sampling approach allows researchers to investigate all elements in the population that are relevant to the research focus. To obtain the necessary data, the data collection procedure in this research was carried out through the interview method by applying a measuring instrument in the form of a questionnaire. The variables in this research are divided into two types, namely dependent variables and independent variables. The dependent variable that is the focus of this research is teenager health, which includes aspects of physical, mental and social health. This study aims to investigate the relationship between social media use, which is an independent variable.

The data analysis process in this research involved two main stages, namely univariate and bivariate analysis, which was carried out through the Chi Square Test. Univariate analysis aims to explore the characteristics of each variable separately, providing a comprehensive picture of the frequency distribution and related descriptive statistics. Meanwhile, bivariate analysis, involving the Chi-Square Test, was used to evaluate the relationship between variables, specifically to see whether there was a statistical association between social media use and aspects of teenager health. The entire data analysis process was carried out with the help of the Statistical Package for the Social Sciences (SPSS) application, ensuring the credibility and accuracy of the analysis results. With this approach, it is hoped that more in-depth insight can be obtained regarding the influence of social media use on teenager health, as well as identifying patterns or trends that may emerge from the correlation of the variables that have been studied.

## RESULTS

An overview the frequency distribution of research variables at Public Vocational Secondary Schools 1 Gunung Talang can be seen in Table 1 below.

**Table 1. Frequency Distribution of Respondents based on Independent Variable**

Variable	Category	Frequency	%
Physical Health	Not Good	20	45,5
	Good	24	54,5
Mental Health	Not Good	23	52,3
	Good	21	47,7
Social Health	Not Good	16	36,4
	Good	28	63,6
Health Status	Not Good	32	72,7
	Good	12	27,3
Social Media Usage	Low	19	43,2
	High	25	56,8

The results showed that the proportion of physical health was not much different, the answers of many respondents were in the good category, namely 24 respondents (54.5%), while in the less good category, there were 20 respondents (45.5%). Meanwhile, the results showed that the proportion of mental health was also not much different, the answers of many respondents were in the unfavorable category, namely 23 respondents (52.3%), while in the good category, there were 21 respondents (47.7%).

The proportion of social health of the respondents was in the good category, namely 28 respondents (63.6%), while in the less good category, there were 16 respondents (36.4%). The results showed that in general, the proportion of respondents' health was in the less good category, namely 32 respondents (72.7%), while in the good category, 12 respondents (27.3%).

Meanwhile, the proportion of respondents using social media was in the high category, namely 25 respondents (56.8%), while in the low category, there were 19 respondents (43.2%).

In general, the results of the cross tabulation between social media use and health variables can be seen in Table 2 below.

**Table 2. The Relationship between Social Media Use and Health**

Social Media Use	Health				Total		P-value
	Not Good		Good				
	f	%	f	%	f	%	
Low	17	89,5	2	10,5	19	100	0,031
High	15	60	10	40	25	100	

Based on the results of the cross-tabulation between the use of social media and health, it was found that out of 32 respondents whose health was not good, it turned out that 15 respondents were included in the group with a high use of social media. Table 2 x 2 in the output deserves to be tested with chi square because there are no cells with an expected value of less than five with a value of  $p = 0.031$ . Because  $p < 0.05$ , it can be concluded that there is a relationship between the use of social media and the health of the respondents.

## DISCUSSION

Insomnia is a disorder that is often experienced by excessive social media users (Ahmad et al., 2020). Insomnia is a sleep disorder that causes the sufferer to have difficulty falling asleep, or not getting enough sleep, even though there is enough time to do so (Kepel, 2018). This distraction causes the condition of the patient to not be primed to carry out activities the next day and can be a risk factor for physical health problems in the sufferer. According to Wydia's research, teenagers experience insomnia due to doing homework at night, chatting with friends on social media at night, browsing and downloading things related to hobbies and fun, and playing online games at night. Insomnia experiences signs and symptoms of a dull looking face, red eyes, dark shadows under the eyes, drowsiness, lack of concentration (Nasution et al., 2022).

Research conducted by the MIT Sloan School of Management, the results of this study show that the higher the time the use of social media via computers, laptops, tablets, and mobile phones tends to increasingly interfere with the regulation of the human natural hormone for sleep, which is called the hormone melatonin, so that it can lead to higher incidence insomnia (Aprilia et al., 2020).

According to researchers, the use of social media cannot be separated from means of supporting these activities such as computers, laptops, tablets, and gadgets, of course, can have side effects on physical health because these devices can expose light, which the longer it is

used, the more it will disrupt settings. of the hormone melatonin so that it can cause insomnia for users, excessive fatigue, premature aging and decreased quality of life.

The social media activity referred to includes the frequency of checking incoming messages, the number of friends in cyberspace, and the number of selfies (Supratman, 2018). Another thing that needs to be underlined is the existence of certain behaviors (for example: social comparison, active or passive use of social media, motives for using social media) that are more influential in causing symptoms of depression, anxiety, and other psychological distress than the frequency of social media use or the amount friends in cyberspace. Other factors that are thought to bridge social media use and mental health are cultural factors that influence family roles and expectations of individual teenagers, the environment that influences teenager development and sociability, motivation for social media use, social comparison and peer feedback, self-esteem, social factors contextual, lack of physical activity, and cyberbullying (Rosmalina et al., 2021).

Teenagers generally use social media as a comparison between themselves and others. This can damage a healthy self-image (Firamadhina et al., 2021). Many women feel that they look bad when they see how people look on social media. The biggest challenge for today's parents is making sure their teens are using social media in a positive way. Often the pattern of social media consumption in teenagers actually imitates their parents. When parents spend more time on gadgets and rarely involve their children in activities in the real world, then children will spend more time in the online world.

According to researchers, excessive use of social media has the potential to affect teenager mental health. Nonetheless, this relationship is multifactorial and is influenced by how a person uses social media itself. On the other hand, social media also has the potential to support teenagers with mental health disorders.

Ara's research (2015) produced a correlation between the use of Twitter social media and teenager antisocial attitudes of 0.802, which means there is a very strong relationship between the influence of social media on social health in teenagers. Teenagers have a very high tendency towards social media so that it can lead to asocial attitudes in society (Ary et al., 2019).

According to researchers, the widespread use of social media by teenagers can affect their behavior, including in their relationships with parents, other family members, school friends, and people around them. When teenagers have a high level of media use, their social interaction is indirect, their sociability tends to be low and their social sensitivity tends to be low.

The results showed that in general, the proportion of respondents' health was in the less good category. Addiction to the use of social media has made teenagers experience physical, mental and social health problems such as insomnia, depression, and poor personal relationships with their peers in the real world.

The presence of social media has both positive and negative impacts on teenagers (Anggraini et al., 2022). The positive impact of the desire to use social media continuously is felt by all subjects including social media can broaden insight and knowledge, develop skills, make it easier to do assignments, make it easier to communicate with distant family or friends, make it easier to get information, and with social media can add many friends (Aprilia et al., 2020).

The negative impact of excessive use of social media can result in subjects having difficulty managing time, resulting in subjects having difficulty sleeping or insomnia, experiencing impaired concentration, disrupting social interaction in the surrounding environment and excessive use of social media will have an impact on decreasing learning achievement (Manurung, 2021).

Excessive use of social media in the long term can also cause a person to ignore real life which is accompanied by decreased work performance, irregular sleep times, decreased appetite, decreased interest in interacting in the social environment directly and one of the consequences of social media addiction i.e. having problems with time management.

The use of social media for a long time can not only interfere with learning concentration for teenagers, but also have other negative impacts such as experiencing sleep pattern disturbances that cause decreased concentration, and damage the sense of sight due to frequent exposure to radiation.

Besides that, Ara's research (2015) produced a correlation between social media use and teenager antisocial attitudes of 0.802, which means there is a very strong relationship between the influence of social media on social health in teenagers. Teenagers have a very high tendency towards social media so that it can lead to asocial attitudes in society (Ary et al., 2019).

According to researchers, the use of social media can have side effects on the physical, mental and social health of teenagers. The longer its use, the more disturbance it will arise to the health of teenagers. Therefore, there is a need for further coordination between parents and the school in supervising the use of social media by teenagers in order to prevent things that are negative. Parents should also increase controls to ensure that their teens use social media in a positive way.

## CONCLUSIONS

Based on the results of research on the Impact of Social Media Use on teenager Health at Public Vocational Secondary Schools 1 Gunung Talang in 2019, it can be concluded that there is a significant relationship between social media use and teenager health ( $p=0.031$ ). Therefore, it is necessary to carry out regular outreach to teenagers regarding the negative impacts of excessive use of social media on health. Further coordination also needs to be carried out between parents and schools in monitoring the use of social media by teenagers to prevent negative things from happening. Parents should also increase control to ensure their teens use social media in a positive way. Besides that, developing interpersonal skills in the real world can also reduce dependence on social media interactions.

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